Fit-A-Roo

Description
Team Five - Nimbus Cloud Services set out to create a Fitness tracking application that utilizes Express, HTML/CSS, MySQL, and NodeJS to create a responsive web application. This application allows users to explore different exercises and track their works. Each team member was assigned a task that challenged their frontend and backend ability during this project.

Task Distribution

Layla Gallez - Signup, Login, and Update Profile, Database Design
Saul Mendoza-Loera - Exercise Explorer page and Database Design
Ngoc Tran Dao - Index, About, and Contact Us Page
Yavik Kapadia - Workout Tracking and Exercise Data

Changes

Due to time constraints, we could not implement fancier features such as a calendar picker that would show workouts for a particular day or a macronutrient calculator which called for the implementation of complex mathematical formulas.

Words from our team:
Saul:I worked on implementing the profile and workout tables in our database. I implemented the exercise explorer page that used a local api to retrieve workouts to display to users. I helped style the webpage. Examples are the the explorer page, signup page, and update profile page. Challenges were getting the right design for the explorer page. Did not want the page to look too cluttered. In the end we used a modal that provides each result with more details in regards to the workout.

Layla: I worked on implementing the signup and login forms first. I overestimated bcrypt, but underestimated login validation. Validating the username required a local api and a validation function. A lesson I learned is to always user the user secession when selecting user-specific data, and that I should use functions more often. Update profile was easier to implement on the serverside and I also participated in database design.

Database Schema
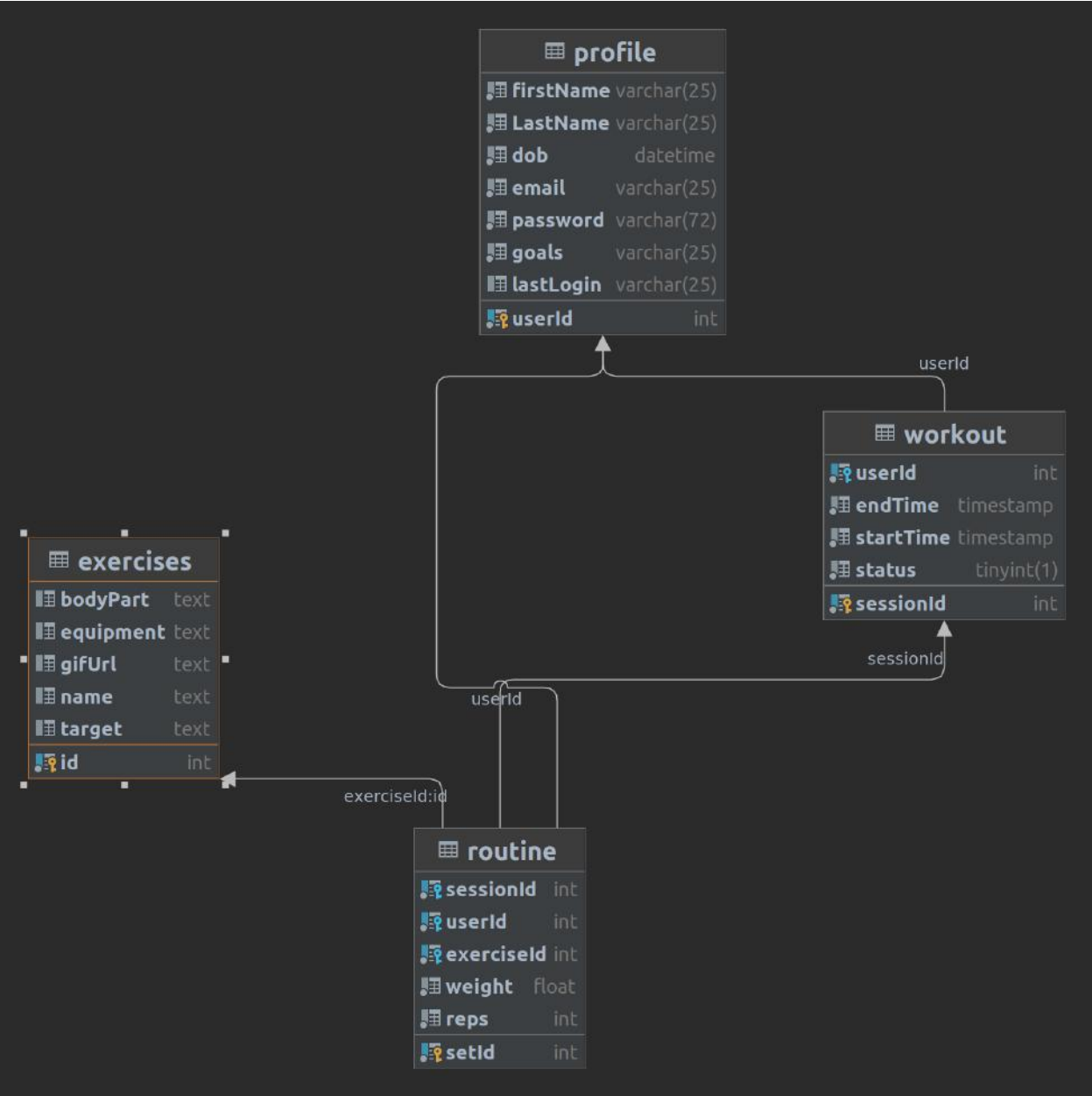
Screenshots
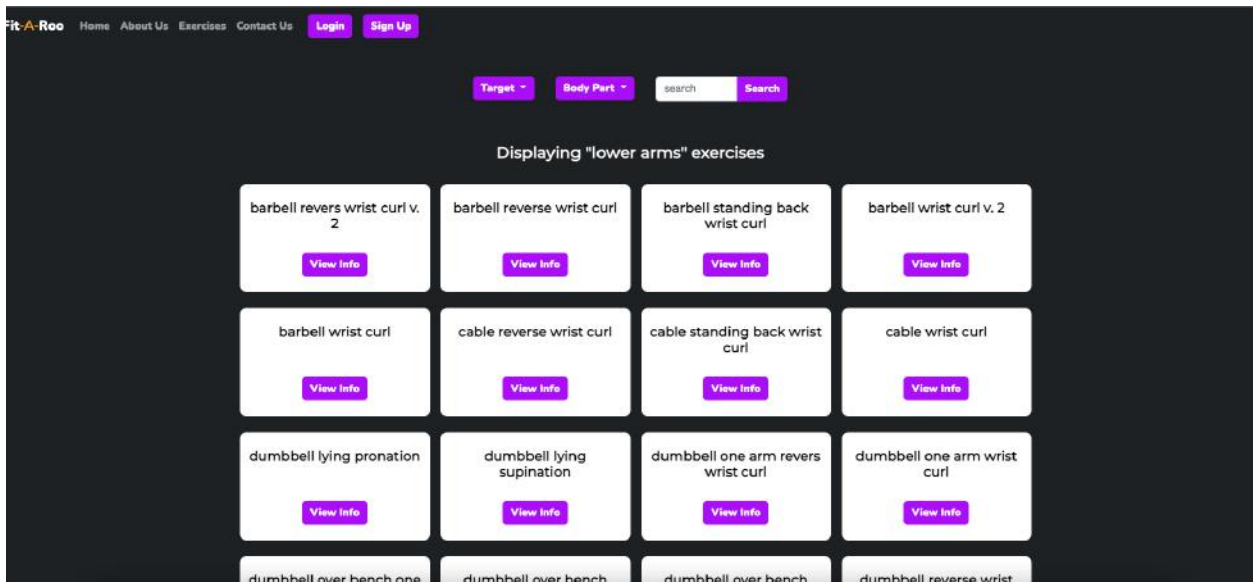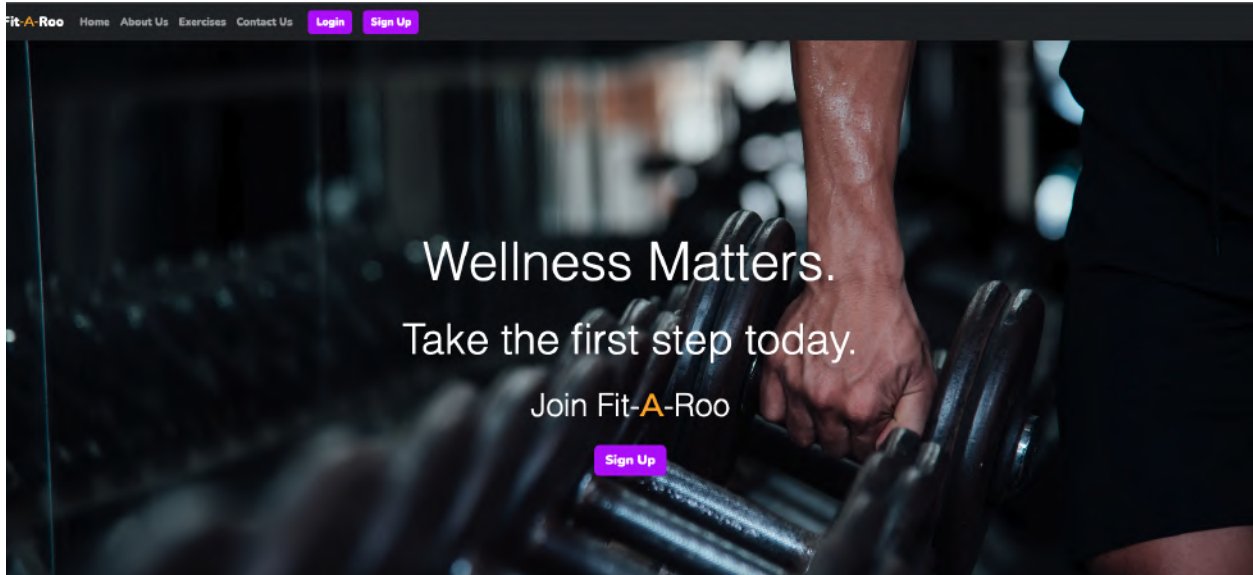
About Fit-A-Roo

Our goal is to make fitness affordable and approachable.

We created Fit-A-Roo to help you live a better, happier, and healthier life.

We believe fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. That's why we created a simple platform for you track and explore how to workout.

Meet the Fit-A-Roo Team

We are proud of the talented, cross-disciplinary team we've built to continue growing our library of fitness and wellness content, and the technology that drives it all. Even though we are a distributed team with diverse backgrounds, we share a common goal – making fitness and wellness content available to as many people as possible.

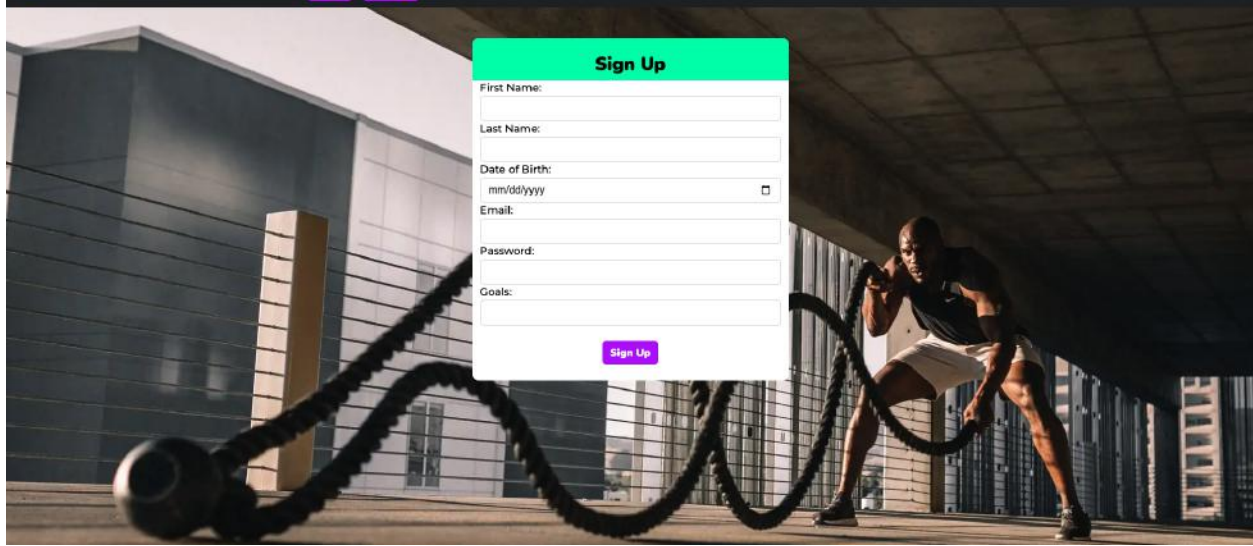| Founder	Content Creators	Behind the Scene

Yavik Kapadia

Master degree in Kinesiology

10 years experience in physical

therapy

Email: MasterYavik@gmailo.com

Phone #: 555-123-4565

Sign Up

First Name:

Last Name:

Date of Birth:

mm/dd/yyyy

Email:

Password:

Goals:

Sign Up

Welcome, Saul !

Last login: 8/11/2022, 8:52:25 PM

Previous Workout:

View

SessionId	TimeStamp	Resume?
128	Fri Aug 12 2022 03:52:41 GMT+0000 (Coordinated Universal Time)	Resume
127	Fri Aug 12 2022 03:51:38 GMT+0000 (Coordinated Universal Time)	Resume
126	Fri Aug 12 2022 03:51:27 GMT+0000 (Coordinated Universal Time)	Resume
125	Fri Aug 12 2022 03:51:06 GMT+0000 (Coordinated Universal Time)	Resume
124	Fri Aug 12 2022 03:47:53 GMT+0000 (Coordinated Universal Time)	Resume
123	Fri Aug 12 2022 03:47:34 GMT+0000 (Coordinated Universal Time)	Resume
122	Fri Aug 12 2022 03:43:24 GMT+0000 (Coordinated Universal Time)	Resume
121	Fri Aug 12 2022 03:42:48 GMT+0000 (Coordinated Universal Time)	Resume
118	Fri Aug 12 2022 03:29:39 GMT+0000 (Coordinated Universal Time)	Resume
117	Fri Aug 12 2022 03:25:56 GMT+0000 (Coordinated Universal Time)	Resume

Saul's Workout

00: 00: 07

Start Stop Reset

Add Exercises To Routine:

Area To Target

Select an area to focus   Search

Assisted Lying Leg Raise With Lateral Throw Down

Abs

Weight(Lbs)	Reps			
10	5	+Save	→	🗑
Weight(Lbs)	Reps			
15	10	+Save	→	🗑

Delete Exercise

Barbell Squat (On Knees)

Quads

Weight(Lbs)	Reps			
10	5	+Save	→	🗑

Login

Username:

Password:

LOGIN

Edit Profile

First Name:
Saul

Last Name:
Mendoza

Date of Birth:
07/29/1995

Email:
smendozaloera@csumb.edu

Password:
....

Goals:
Lose weight!

Update Profile